

# - BRIGHTON COOKERY SCHOOL -

## COOKERY CHALLENGE DISH CHOICES

### DISH 1 - CHICKEN SALTIMBOCCA

YOU'LL NOT ONLY SHOP FOR THE VARIED INGREDIENTS, BUT EACH TEAM MUST 'BREAK DOWN' THE WHOLE BIRD INTO ITS 8 SEPARATE PIECES. YOU'LL THEN BE BUTTERFLYING EACH CHICKEN BREAST AND COOKING UP A STORM, AS YOU GO ON TO MAKE A MARSALA SAUCE TO COMPLIMENT THE DISH. VEGETARIAN OPTION CRISPY AUBERGINE MARSALA

### DISH 2 - TAGLIATELLE WITH FRESH BASIL PESTO

YOU'LL BE AGAINST THE CLOCK TRYING TO FIND THE RIGHT FLOUR TO MAKE YOUR HOME- MADE TAGLIATELLE, WHILST SHOPPING YOU'LL NEED TO FIND THE INGREDIENTS FOR YOUR BASIL PESTO. ONCE BACK IN THE WORKSHOP, YOU'LL HAVE TO BECOME A ITALIAN MASTER AT THE PASTA MACHINE, NO CRACKED PASTA HERE! THEN YOU'LL NEED YOUR KNIFE SKILLS AND PALETTE TO BE ON FORM AS YOU CREATE THE PERFECT PESTO. ONCE YOU'RE READY TO GO, YOUR FINAL HURDLE WILL BE TO COOK THE PERFECT PASTA, LET'S HOPE YOURS DOESN'T FALL APART!

### DISH 3 - CATCH OF THE DAY FILLETS WITH SALSA VERDE

WE'LL BE CHECKING THE QUALITY OF THE WHOLE FISH THAT EACH TEAM HAS PURCHASED, BEFORE WORKING THEM THROUGH THE PROCESS OF REMOVING THE FILLETS. FISHMONGERS MAY BE ASKED TO DESCALE THE FISH, BUT WE'LL TEACH YOU EVERYTHING ELSE. WHILE TWO IN THE TEAM DEAL WITH THE FISH FILLETING, THE OTHER 2 TEAM MEMBERS WILL BE TASKED WITH THE PREPARATION OF THE SALSA VERDE (AND SMOKED TOFU FOR ANY VEGETARIANS).

### DISH 4 - TORTELLINI PASTA SERVED WITH TRUFFLE OIL & CRUNCHY BRUNOISE VEGETABLE

WE'LL REQUIRE EACH TEAM TO MAKE FRESH PASTA AND 2 FILLINGS, ONE MEAT BASED AND ONE VEGETARIAN. ONCE THE FILLINGS HAVE COOLED YOU'LL BE SHOWN HOW TO FORM THE TORTELLINI AND ASKED TO RECREATE THEM UNIFORMLY 40 TIMES WITHIN YOUR TEAM. YOU'LL NEED TO MASTER YOUR KNIFE SKILLS TO REPRODUCE PERFECT BRUNOISE VEGETABLES TO ACCOMPANY THIS DISH.

### DISH 5 - NORTH ITALIAN GNOCCHI WITH A TRIO OF CHEESES

YOU'LL BE TASKED WITH FINDING THE FINEST INGREDIENTS FOR YOUR FROMAGE SAUCE AND GNOCCHI - BACK TO THE WORKSHOP AND OUR CHEFS WILL DEMONSTRATED THE PERFECT 'FLUFFY CLOUD', YOUR TEAM WILL THEN NEED TO MASTER THIS TECHNIQUE. YOU'LL NEED A LIGHT TOUCH FOR THE GNOCCHI AND A KEEN PALETTE AS YOU BALANCE THE FROMAGE SAUCE SO IT DOESN'T OVERPOWER THE DISH.

### DISH 6 - MEXICAN STREET FOOD

SOURCE THE PERFECT STEAK TO FILL YOUR BEEF BURRITO, OR AN ARRAY OF VEGETABLES AND NUTS FOR THE VEGETARIANS. YOU'LL NOT ONLY BE LEARNING HOW TO MAKE THE MAIN ELEMENT BUT ALSO HOW TO MAKE REFRIED BEANS, GUACAMOLE AND SALSA - KNIFE SKILLS AND AN APPRECIATION OF SPICING ARE A MUST FOR THIS CHOICE